

Natter that Matters

Spring
2016

**Fochriw Gelligaer Penybryn Hengoed
Waterloo Cefn Hengoed Abertyswg
Maesycwmmwr Brithdir Cefn Fforest
Tirphill Markham Bargoed Rhydney
New Tredegar Aberbargoed Oakdale
Pontlottyn Gilfach Argoed Rudry
Tir-y-Berth Crumlin Penmaen
Abercarn Newbridge Bedwas
Senghenydd Pengam Nelson
Pontllanfraith Wattsville
Blackwood Ystrad Mynach
Risca Machen Llanbradach
Ynysddu Crosskeys Wylie
Cwmfelinfach Abertridwr
Trethomas Cwmcarn
Caerphilly
Deri**

OVER50
CAERPHILLY
NATTER THAT MATTERS



www.caerphillyover50.co.uk/



Caerphilly Over 50

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A note from our Chairman

It seems that there may have been a perception that Caerphilly County Borough 50+ Forum caters only for the higher end of the age spectrum.



 **Caerphilly Over 50**

 **www.caerphillyover50.co.uk/**

That is not the case, and we hope our willingness to embrace the digital and social media age will evidence our wish to be all-inclusive across the age range. We are trying to appeal to a wider audience through the newsletter, our website, Facebook page and we try to cover a wide range of topics such as pensions, using the internet safely, dealing with dementia and support for Carers, as well as our move into social activities.

We have tried to ensure this Newsletter has appeal if you are in your 50s or 60s without excluding others. However we do realise use of digital technology will tend to be biased towards the younger end of the spectrum, so we do intend to maintain contact using the Royal mail and our face to face meetings and presentations to groups.

What does your CCBC Member Older Peoples Champion do?



Cllr Forehead

In 2012 I had the honour of being elected as the Member Older persons Champion for Caerphilly County Borough Council.

As an older person, living alone, I have a pretty good idea of life for an older person. I know what it's like to be lonely, to worry about teenage grandchildren and the cost of living today. It is my responsibility to ensure that policies and procedures adopted by Council are older person friendly.

By attending monthly 50+ forum meetings I get a better understanding of the concerns of over 50s in areas such as planning and building regulations, economic development, transport, housing and income maximisation. I then take forward county wide issues of concern to; officers, members and the councils various partners.

In my role as Champion I have attended luncheon clubs, associations and older persons forums around the County raising awareness and increasing membership of the 50+ network. Most of the older people I meet all agree that they want to have a strong voice and be able to influence what happens to them and I am here to support them in that.



Are you retiring soon and feeling a bit apprehensive?

I retired last April at (a very young) 60. It's been a bit of a learning curve, so here are some of my early thoughts on this retirement malarkey:

- 01.** It can be a bit scary but, like anything else, if you work at it, it can be fulfilling and enjoyable. But don't sit back and wait for the good times to roll!
- 02.** Everyone says get a hobby, keep your mind active, be social – why not start these before you retire and then adjust your time and commitment accordingly.
- 03.** Get a travel pass – easy to arrange via the Council and it might open up a less stress way of travelling/exploring for you.
- 04.** Make sure your financial expectations are accurate and realistic - check your tax code, monthly outgoings and get a pension statement - so that you don't skimp or overspend.
- 05.** If your partner is already retired or retiring soon, cultivate patience! Spending all day together can be hard - so see 2) above.
- 06.** Don't feel guilty if you 'waste' a day - you worked for years to have that privilege.
- 07.** Don't lose touch with your workmates overnight - it was a big part of your life, so ease yourself away slowly if that helps.
- 08.** Relish the extra time you have to do things – if it takes you all day to re-arrange your CD collection, then so what?
- 09.** When you do - occasionally - have cause to get up at 6.30 and it's dark outside and raining – shout 'Whoo' because you used to do this every day.
- 10.** Even if you do all of the above, you might still have boundless energy and itchy feet and fingers – so there's nothing wrong in looking for a part time job to balance with your free time.



Blazing to S

One of our forum members has been part of the Blazing to Serbia project and has been supporting the Serbian Fire Services since March 2007.



To date the project has donated 23 fire engines, fully laden with ladders & various other equipment, together with protective fire kit and helmets. Blazing to Serbia is made up of a small group of firefighters, retired firefighters and employees of the South Wales Fire & Rescue Service, who give up their time to help support the fire services and people in Serbia. All the work of Blazing to Serbia is in addition to their normal roles.

Didn't We Do Well?

An occasional series about members of Caerphilly 50+ who have done something exceptional.

Graham Jones, RP, was born in 1956 in Rhymney, and now lives in Ystrad Mynach. He studied at the Newport College of Art before going onto the Royal Academy Schools between 1978 - 1981. Although trained in illustration, he always longed to be a painter and secured a place at the Royal Academy Schools in the painting department. Graham's work covers portraiture, illustration and still life.

He has an established reputation as a portrait painter, including paintings of the Queen and Prince Philip, and Charles Spencer and his first wife. Noted politicians Graham has painted include Jim Callaghan, Michael Foot, Ted Heath, Enoch Powell, David Steele, Dennis Skinner and Geoffrey Howe. These works are now held at The Houses of Parliament and the Athenaeum Gentlemen's Club, Pall Mall.

The picture of Her Majesty is reproduced here by kind permission of the Athenaeum Club.

If you would like Graham to paint your portrait see:

<http://www.commissionaportrait.com/artistsportfolio.asp?id=42>

erbia

Since 2012, Blazing to Serbia has also been helping the Serbia Red Cross and has provided Christmas gifts for children, donated over 700kg of clothes, over 300 brand new pairs of children's shoes and more recently has refurbished the homes of two needy families.



**For more information
check their website
blazingtoserbia.co.uk**



Graham Jones, Royal Painter

What is advocacy?

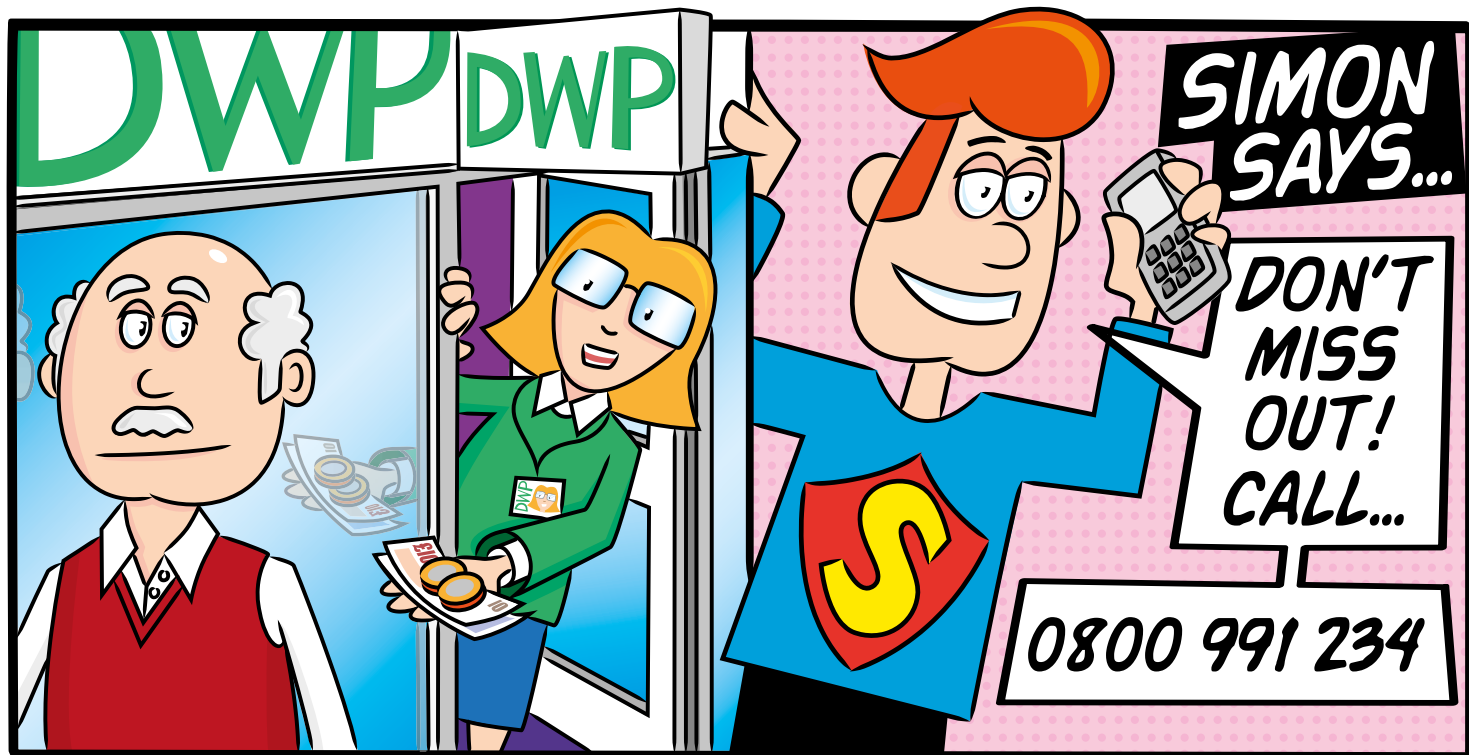
- **Self advocacy** When individuals represent and speak up for themselves.
- **Informal advocacy** When family friends or neighbours support an individual in having their wishes or feelings heard which may include speaking on their behalf.
- **Collective advocacy** Where groups of individuals with common experiences are empowered to have a voice and influence change and social justice.
- **Citizen advocacy** Usually involving one-to-one support by a trained volunteer advocate.
- **Independent volunteer advocacy**
An independent unpaid advocate working on an issue-led basis with one or more individuals.
- **Formal advocacy** Where staff in health and social services have it as part of their role to consider the wishes and feelings of the individual and to ensure that these are addressed properly, but the Code cautions against conflicts of interest.
- **Independent professional advocacy**
Someone who is trained and paid to undertake a professional role as an advocate.

Advocacy can also be “instructed” or “non-instructed”

Advocates are usually instructed by the individual they are supporting, but where people are not able to communicate their wishes or lack capacity to instruct, a non-instructed advocate seeks to uphold the person's rights and ensure fair and equal treatment.

For details of local advocates you can look in the community directory on the CCBC website.

ARE YOU ONE OF THE 94,000 PENSIONERS NOT CLAIMING YOUR £34 PENSION CREDIT?



Simon Says - Have you made the call?

Pension Credit Challenge

94,000 pensioners are not claiming 'Pension Credit' when they should be! They think they are getting everything they are entitled to when that is often NOT the case.

So the Caerphilly County Borough 50+ forum are supporting this Caerphilly 50+ Positive Action 'Simon Says' Challenge to try to get more people to double check with the DWP Pension service. Don't miss out ...find out!

Go on please make that call for yourself or for your parents and then pass this challenge on to your friends and neighbours over a cuppa or even a chat over the garden fence as long as you pass the message on!

Also remember if it turns out you/they are entitled to pension credit that will also mean you/they could be entitled to an additional reduction in council tax as well.

**PLEASE
MAKE
THAT
CALL!**

50+ Positive ACTION
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**It's really easy, simply call this
Free phone number 0800 991234**

**For more information on
a range of topics check out**

www.caerphillyover50.co.uk

Care Home Knit & Natter donate to good causes!

Residents at HC-One Church View Care Home “Knit and Natter” Club have been regularly donating their creations to local charities to raise money for good causes. But they recently became aware that Elim Church in Crescent Road Caerphilly collected clothes for vulnerable babies in several African counties so the “Knit and Natter” club decided to concentrate their efforts on making vests and hats for the babies.

Over the last four months the “Knit and Natter” club have produced 120 vests and hats and found their numbers growing by the week with relatives and friends of the Care Home

joining in to increase production. They have also invited residents who only have limited knitting abilities to make blankets so everyone can get involved.

Currently vests, blankets and hats are on their way to Sierra Leone, Liberia and The Congo and will be handed over by representatives of Elim Church to Life for African Mothers who will distribute them to families who desperately need clothing for their babies.

Commenting on the initiative, Alison Durbidge the Church View Care Home Manager said “it is very rewarding for the residents involved in our “Knit and Natter” Club to be able to enjoy a combination of a lovely sociable activity that also benefits such a worthy cause - we hope it will continue to grow”.



We think you should know about.....

The Social Services and Well-being (Wales) Act 2014 comes into effect 6 April 2016 and will introduce major changes to the way older people receive Social Services support.

The main features of the new approach are:

- it promotes independence and wellbeing.
- gives voice, choice and control to the individual and what the individual wishes to achieve in their life.
- puts people at the centre not just fitting people into services.
- improves well-being and status of adults, children and carers who are in need of care and/or support.

- putting emphasis on what you can do rather than what you can't.
- a more creative approach to supporting people drawing on community resources.
- more equal relationship between front line workers and the citizen.
- a less bureaucratic, more proportionate assessment, with simplified eligibility.
- integration of delivery of services across health and social services.



Getting to Know Us

Do you belong to an organisation, society, club or group?

If so, would you like us to come along and give a talk about the 50+ Forum in Caerphilly Borough and how it could be relevant to your organisation or your individual members?

As well as telling you about the Forum, the things we have been doing and what we might do in the future, we would love to have a discussion about what you would like us to do.

Hopefully, this would enable us to forge links that would continue in the future and enable you to provide us with feedback and concerns that develop in the future.

We would like to thank Caerphilly 50+ Positive Action for their help and support in producing this newsletter and the Welsh Government who have funded the cost of the printing as part of their engagement work supporting Strategy for Older People in Wales.

50+
Positive ACTION
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If you would like to advertise to thousands of over 50s in Caerphilly County Borough you can do so by sponsoring the next edition of this Newsletter or any of the forums events.

Please contact us via the website 'get in touch' section or email:

spragm@caerphilly.gov.uk or call

Mandy Sprague on 01443 864277